

Prova 1 3000m Livres 14 - 15 anos
24-02-2018 Resultados

MMarca Absoluto	33:37.15	PINA Guilherme Filipe	BSCN	Rio Maior	26-04-2014
MMarca AA15	34:04.66	MARQUES Diogo Manuel	ASSSCC	Rio Maior	13-04-2013
MMarca Absoluto	36:40.47	ROSA Mafalda Sofia	CNRM	Rio Maior	25-02-2017
MMarca AA1415	36:40.47	ROSA Mafalda Sofia	CNRM	Rio Maior	25-02-2017

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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AA1415, Femin.

1.	ROSA Mafalda Sofia	03	Rio Maior	36:06.47		623		
	<i>Melhor Marca dos Campeonatos</i>							
	100m: 1:09.20	1:09.20	900m: 10:43.21	1:12.07	1700m: 20:18.83	1:12.65	2500m: 30:02.90	1:13.03
	200m: 2:20.56	1:11.36	1000m: 11:54.86	1:11.65	1800m: 21:31.12	1:12.29	2600m: 31:15.66	1:12.76
	300m: 3:32.42	1:11.86	1100m: 13:06.97	1:12.11	1900m: 22:44.17	1:13.05	2700m: 32:28.85	1:13.19
	400m: 4:43.87	1:11.45	1200m: 14:18.60	1:11.63	2000m: 23:56.72	1:12.55	2800m: 33:42.25	1:13.40
	500m: 5:55.58	1:11.71	1300m: 15:30.19	1:11.59	2100m: 25:09.65	1:12.93	2900m: 34:55.07	1:12.82
	600m: 7:07.21	1:11.63	1400m: 16:41.87	1:11.68	2200m: 26:23.00	1:13.35	3000m: 36:06.47	1:11.40
	700m: 8:18.92	1:11.71	1500m: 17:53.96	1:12.09	2300m: 27:36.38	1:13.38		
	800m: 9:31.14	1:12.22	1600m: 19:06.18	1:12.22	2400m: 28:49.87	1:13.49		
2.	MARTINS Joana Ribeiro	03	Benfica	37:13.71		568		
	100m: 1:13.10	1:13.10	900m: 11:12.30	1:14.27	1700m: 21:03.43	1:14.12	2500m: 31:03.69	1:15.36
	200m: 2:28.28	1:15.18	1000m: 12:26.37	1:14.07	1800m: 22:17.63	1:14.20	2600m: 32:18.85	1:15.16
	300m: 3:43.62	1:15.34	1100m: 13:40.09	1:13.72	1900m: 23:32.69	1:15.06	2700m: 33:33.09	1:14.24
	400m: 4:59.40	1:15.78	1200m: 14:53.68	1:13.59	2000m: 24:47.49	1:14.80	2800m: 34:47.60	1:14.51
	500m: 6:14.98	1:15.58	1300m: 16:07.42	1:13.74	2100m: 26:02.16	1:14.67	2900m: 36:01.94	1:14.34
	600m: 7:29.68	1:14.70	1400m: 17:21.39	1:13.97	2200m: 27:17.44	1:15.28	3000m: 37:13.71	1:11.77
	700m: 8:44.08	1:14.40	1500m: 18:35.50	1:14.11	2300m: 28:32.70	1:15.26		
	800m: 9:58.03	1:13.95	1600m: 19:49.31	1:13.81	2400m: 29:48.33	1:15.63		
3.	REBELO Maria Carlota	03	Uniao Coimbra	37:16.55		566		
	100m: 1:13.21	1:13.21	900m: 11:16.08	1:14.16	1700m: 21:10.35	1:14.22	2500m: 31:06.19	1:14.28
	200m: 2:28.85	1:15.64	1000m: 12:30.24	1:14.16	1800m: 22:24.74	1:14.39	2600m: 32:20.35	1:14.16
	300m: 3:44.86	1:16.01	1100m: 13:44.47	1:14.23	1900m: 23:39.07	1:14.33	2700m: 33:35.21	1:14.86
	400m: 5:00.49	1:15.63	1200m: 14:59.11	1:14.64	2000m: 24:53.69	1:14.62	2800m: 34:49.88	1:14.67
	500m: 6:16.25	1:15.76	1300m: 16:12.89	1:13.78	2100m: 26:07.98	1:14.29	2900m: 36:04.02	1:14.14
	600m: 7:31.51	1:15.26	1400m: 17:27.64	1:14.75	2200m: 27:22.59	1:14.61	3000m: 37:16.55	1:12.53
	700m: 8:47.15	1:15.64	1500m: 18:41.79	1:14.15	2300m: 28:37.11	1:14.52		
	800m: 10:01.92	1:14.77	1600m: 19:56.13	1:14.34	2400m: 29:51.91	1:14.80		
4.	FLORENCIO Matilde Alves	04	CASP AE	38:08.90		528		
	100m: 1:14.22	1:14.22	900m: 11:21.75	1:16.24	1700m: 21:37.36	1:17.58	2500m: 31:48.83	1:15.80
	200m: 2:30.34	1:16.12	1000m: 12:38.20	1:16.45	1800m: 22:54.30	1:16.94	2600m: 33:05.78	1:16.95
	300m: 3:46.15	1:15.81	1100m: 13:54.28	1:16.08	1900m: 24:11.29	1:16.99	2700m: 34:22.83	1:17.05
	400m: 5:02.07	1:15.92	1200m: 15:11.09	1:16.81	2000m: 25:28.01	1:16.72	2800m: 35:39.15	1:16.32
	500m: 6:17.98	1:15.91	1300m: 16:28.03	1:16.94	2100m: 26:44.38	1:16.37	2900m: 36:55.06	1:15.91
	600m: 7:33.84	1:15.86	1400m: 17:44.96	1:16.93	2200m: 28:00.28	1:15.90	3000m: 38:08.90	1:13.84
	700m: 8:49.54	1:15.70	1500m: 19:02.13	1:17.17	2300m: 29:16.73	1:16.45		
	800m: 10:05.51	1:15.97	1600m: 20:19.78	1:17.65	2400m: 30:33.03	1:16.30		
5.	SOUSA Ines Matos	03	Uniao Coimbra	38:24.85		517		
	100m: 1:14.09	1:14.09	900m: 11:18.19	1:14.98	1700m: 21:33.19	1:17.46	2500m: 31:55.87	1:18.54
	200m: 2:29.96	1:15.87	1000m: 12:33.78	1:15.59	1800m: 22:50.20	1:17.01	2600m: 33:14.06	1:18.19
	300m: 3:45.68	1:15.72	1100m: 13:49.48	1:15.70	1900m: 24:07.28	1:17.08	2700m: 34:32.56	1:18.50
	400m: 5:01.06	1:15.38	1200m: 15:05.34	1:15.86	2000m: 25:25.84	1:18.56	2800m: 35:50.70	1:18.14
	500m: 6:16.45	1:15.39	1300m: 16:21.63	1:16.29	2100m: 26:43.41	1:17.57	2900m: 37:08.01	1:17.31
	600m: 7:31.85	1:15.40	1400m: 17:39.29	1:17.66	2200m: 28:01.08	1:17.67	3000m: 38:24.85	1:16.84
	700m: 8:47.68	1:15.83	1500m: 18:57.24	1:17.95	2300m: 29:18.99	1:17.91		
	800m: 10:03.21	1:15.53	1600m: 20:15.73	1:18.49	2400m: 30:37.33	1:18.34		

Prova 1, Femin., 3000m Livres, AA1415

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CUNHA Mariana Pacheco	04	Fluvial Portuense	38:54.42		498	
	100m: 1:13.33 1:13.33	900m: 11:20.18 1:16.29	1700m: 21:48.00 1:19.48	2500m: 32:25.83 1:18.31			
	200m: 2:29.20 1:15.87	1000m: 12:37.15 1:16.97	1800m: 23:07.87 1:19.87	2600m: 33:45.13 1:19.30			
	300m: 3:45.25 1:16.05	1100m: 13:54.68 1:17.53	1900m: 24:27.50 1:19.63	2700m: 35:03.40 1:18.27			
	400m: 5:01.15 1:15.90	1200m: 15:12.70 1:18.02	2000m: 25:47.74 1:20.24	2800m: 36:21.04 1:17.64			
	500m: 6:16.71 1:15.56	1300m: 16:31.22 1:18.52	2100m: 27:07.64 1:19.90	2900m: 37:37.94 1:16.90			
	600m: 7:32.43 1:15.72	1400m: 17:50.31 1:19.09	2200m: 28:28.06 1:20.42	3000m: 38:54.42 1:16.48			
	700m: 8:48.13 1:15.70	1500m: 19:09.15 1:18.84	2300m: 29:48.67 1:20.61				
	800m: 10:03.89 1:15.76	1600m: 20:28.52 1:19.37	2400m: 31:07.52 1:18.85				
7.	RAMOS Ines Asseiceira	03	Torres Novas	39:08.32		489	
	100m: 1:15.24 1:15.24	900m: 11:36.31 1:17.51	1700m: 22:03.01 1:18.85	2500m: 32:44.10 1:21.15			
	200m: 2:33.05 1:17.81	1000m: 12:54.96 1:18.65	1800m: 23:21.41 1:18.40	2600m: 34:01.99 1:17.89			
	300m: 3:50.92 1:17.87	1100m: 14:13.29 1:18.33	1900m: 24:40.91 1:19.50	2700m: 35:19.60 1:17.61			
	400m: 5:08.45 1:17.53	1200m: 15:31.96 1:18.67	2000m: 26:01.12 1:20.21	2800m: 36:35.97 1:16.37			
	500m: 6:26.10 1:17.65	1300m: 16:50.32 1:18.36	2100m: 27:21.71 1:20.59	2900m: 37:54.10 1:18.13			
	600m: 7:43.55 1:17.45	1400m: 18:08.66 1:18.34	2200m: 28:42.01 1:20.30	3000m: 39:08.32 1:14.22			
	700m: 9:01.13 1:17.58	1500m: 19:26.53 1:17.87	2300m: 30:02.62 1:20.61				
	800m: 10:18.80 1:17.67	1600m: 20:44.16 1:17.63	2400m: 31:22.95 1:20.33				
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	39:08.63		489	
	100m: 1:16.21 1:16.21	900m: 11:34.36 1:18.12	1700m: 22:04.34 1:19.79	2500m: 32:40.91 1:20.19			
	200m: 2:33.05 1:16.84	1000m: 12:51.14 1:16.78	1800m: 23:23.91 1:19.57	2600m: 34:00.20 1:19.29			
	300m: 3:50.69 1:17.64	1100m: 14:08.84 1:17.70	1900m: 24:43.49 1:19.58	2700m: 35:19.77 1:19.57			
	400m: 5:08.12 1:17.43	1200m: 15:27.57 1:18.73	2000m: 26:04.06 1:20.57	2800m: 36:39.06 1:19.29			
	500m: 6:25.54 1:17.42	1300m: 16:46.61 1:19.04	2100m: 27:23.18 1:19.12	2900m: 37:56.16 1:17.10			
	600m: 7:42.19 1:16.65	1400m: 18:05.83 1:19.22	2200m: 28:43.62 1:20.44	3000m: 39:08.63 1:12.47			
	700m: 8:59.24 1:17.05	1500m: 19:25.01 1:19.18	2300m: 30:02.08 1:18.46				
	800m: 10:16.24 1:17.00	1600m: 20:44.55 1:19.54	2400m: 31:20.72 1:18.64				
9.	SOARES Carolina Silva	03	Natacao de Valongo	39:14.15		486	
	100m: 1:13.59 1:13.59	900m: 11:31.84 1:18.71	1700m: 22:07.56 1:20.45	2500m: 32:46.97 1:17.79			
	200m: 2:28.87 1:15.28	1000m: 12:50.88 1:19.04	1800m: 23:28.50 1:20.94	2600m: 34:03.62 1:16.65			
	300m: 3:44.16 1:15.29	1100m: 14:09.37 1:18.49	1900m: 24:48.24 1:19.74	2700m: 35:20.82 1:17.20			
	400m: 4:59.88 1:15.72	1200m: 15:28.72 1:19.35	2000m: 26:09.11 1:20.87	2800m: 36:39.05 1:18.23			
	500m: 6:15.64 1:15.76	1300m: 16:49.06 1:20.34	2100m: 27:30.16 1:21.05	2900m: 37:58.03 1:18.98			
	600m: 7:33.58 1:17.94	1400m: 18:08.33 1:19.27	2200m: 28:50.82 1:20.66	3000m: 39:14.15 1:16.12			
	700m: 8:54.08 1:20.50	1500m: 19:26.68 1:18.35	2300m: 30:10.80 1:19.98				
	800m: 10:13.13 1:19.05	1600m: 20:47.11 1:20.43	2400m: 31:29.18 1:18.38				
10.	PELAI0 Maria Joao	03	Ginasio Figueirense	39:14.98		485	
	100m: 1:13.91 1:13.91	900m: 11:34.01 1:18.82	1700m: 22:09.24 1:19.92	2500m: 32:44.41 1:19.33			
	200m: 2:30.29 1:16.38	1000m: 12:52.92 1:18.91	1800m: 23:29.57 1:20.33	2600m: 34:04.60 1:20.19			
	300m: 3:47.65 1:17.36	1100m: 14:12.10 1:19.18	1900m: 24:49.80 1:20.23	2700m: 35:24.22 1:19.62			
	400m: 5:04.54 1:16.89	1200m: 15:32.03 1:19.93	2000m: 26:09.64 1:19.84	2800m: 36:43.88 1:19.66			
	500m: 6:21.60 1:17.06	1300m: 16:51.17 1:19.14	2100m: 27:29.23 1:19.59	2900m: 38:01.38 1:17.50			
	600m: 7:38.59 1:16.99	1400m: 18:10.77 1:19.60	2200m: 28:48.20 1:18.97	3000m: 39:14.98 1:13.60			
	700m: 8:56.53 1:17.94	1500m: 19:29.64 1:18.87	2300m: 30:05.88 1:17.68				
	800m: 10:15.19 1:18.66	1600m: 20:49.32 1:19.68	2400m: 31:25.08 1:19.20				
11.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	39:28.55		477	
	100m: 1:13.05 1:13.05	900m: 11:37.24 1:18.48	1700m: 22:15.64 1:19.10	2500m: 32:57.96 1:20.08			
	200m: 2:29.55 1:16.50	1000m: 12:56.01 1:18.77	1800m: 23:33.80 1:18.16	2600m: 34:16.96 1:19.00			
	300m: 3:47.40 1:17.85	1100m: 14:15.15 1:19.14	1900m: 24:53.97 1:20.17	2700m: 35:36.41 1:19.45			
	400m: 5:05.13 1:17.73	1200m: 15:35.21 1:20.06	2000m: 26:13.97 1:20.00	2800m: 36:54.64 1:18.23			
	500m: 6:23.44 1:18.31	1300m: 16:55.32 1:20.11	2100m: 27:34.27 1:20.30	2900m: 38:13.17 1:18.53			
	600m: 7:41.89 1:18.45	1400m: 18:15.97 1:20.65	2200m: 28:54.96 1:20.69	3000m: 39:28.55 1:15.38			
	700m: 9:00.22 1:18.33	1500m: 19:35.80 1:19.83	2300m: 30:16.94 1:21.98				
	800m: 10:18.76 1:18.54	1600m: 20:56.54 1:20.74	2400m: 31:37.88 1:20.94				

Prova 1, Femin., 3000m Livres, AA1415

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	39:34.14		473	
	100m: 1:13.92 1:13.92	900m: 11:37.18 1:18.50	1700m: 22:16.74 1:20.22	2500m: 32:59.24 1:19.58			
	200m: 2:30.53 1:16.61	1000m: 12:55.96 1:18.78	1800m: 23:38.38 1:21.64	2600m: 34:18.71 1:19.47			
	300m: 3:47.59 1:17.06	1100m: 14:15.29 1:19.33	1900m: 24:58.07 1:19.69	2700m: 35:38.77 1:20.06			
	400m: 5:05.10 1:17.51	1200m: 15:35.42 1:20.13	2000m: 26:18.11 1:20.04	2800m: 36:58.48 1:19.71			
	500m: 6:23.26 1:18.16	1300m: 16:55.71 1:20.29	2100m: 27:38.20 1:20.09	2900m: 38:17.25 1:18.77			
	600m: 7:41.54 1:18.28	1400m: 18:16.73 1:21.02	2200m: 28:59.40 1:21.20	3000m: 39:34.14 1:16.89			
	700m: 9:00.07 1:18.53	1500m: 19:36.14 1:19.41	2300m: 30:20.03 1:20.63				
	800m: 10:18.68 1:18.61	1600m: 20:56.52 1:20.38	2400m: 31:39.66 1:19.63				
13.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	41:11.55		420	
	100m: 1:15.33 1:15.33	900m: 11:55.17 1:22.51	1700m: 23:06.78 1:25.18	2500m: 34:20.98 1:24.52			
	200m: 2:33.02 1:17.69	1000m: 13:17.82 1:22.65	1800m: 24:32.12 1:25.34	2600m: 35:45.40 1:24.42			
	300m: 3:51.36 1:18.34	1100m: 14:40.02 1:22.20	1900m: 25:56.24 1:24.12	2700m: 37:08.94 1:23.54			
	400m: 5:09.92 1:18.56	1200m: 16:04.33 1:24.31	2000m: 27:19.89 1:23.65	2800m: 38:30.77 1:21.83			
	500m: 6:29.69 1:19.77	1300m: 17:27.77 1:23.44	2100m: 28:43.37 1:23.48	2900m: 39:51.38 1:20.61			
	600m: 7:50.92 1:21.23	1400m: 18:51.88 1:24.11	2200m: 30:07.18 1:23.81	3000m: 41:11.55 1:20.17			
	700m: 9:11.54 1:20.62	1500m: 20:16.76 1:24.88	2300m: 31:31.19 1:24.01				
	800m: 10:32.66 1:21.12	1600m: 21:41.60 1:24.84	2400m: 32:56.46 1:25.27				

AA15, Masc.

1.	MACHADO Martim Miranda	03	Uniao Coimbra	35:18.21		556	
	100m: 1:09.62 1:09.62	900m: 10:38.75 1:10.83	1700m: 20:07.27 1:10.09	2500m: 29:26.57 1:10.61			
	200m: 2:21.48 1:11.86	1000m: 11:49.61 1:10.86	1800m: 21:16.35 1:09.08	2600m: 30:37.72 1:11.15			
	300m: 3:32.73 1:11.25	1100m: 13:01.02 1:11.41	1900m: 22:26.15 1:09.80	2700m: 31:49.07 1:11.35			
	400m: 4:44.14 1:11.41	1200m: 14:12.25 1:11.23	2000m: 23:35.63 1:09.48	2800m: 33:00.32 1:11.25			
	500m: 5:54.99 1:10.85	1300m: 15:23.54 1:11.29	2100m: 24:45.20 1:09.57	2900m: 34:11.19 1:10.87			
	600m: 7:05.53 1:10.54	1400m: 16:35.43 1:11.89	2200m: 25:55.17 1:09.97	3000m: 35:18.21 1:07.02			
	700m: 8:16.79 1:11.26	1500m: 17:47.37 1:11.94	2300m: 27:05.22 1:10.05				
	800m: 9:27.92 1:11.13	1600m: 18:57.18 1:09.81	2400m: 28:15.96 1:10.74				
2.	OLIVEIRA Vitor Teixeira	03	Columbifila Cantanhedense	36:02.08		523	
	100m: 1:10.37 1:10.37	900m: 10:38.91 1:10.81	1700m: 20:08.46 1:10.85	2500m: 29:52.03 1:14.10			
	200m: 2:21.72 1:11.35	1000m: 11:49.86 1:10.95	1800m: 21:19.88 1:11.42	2600m: 31:07.28 1:15.25			
	300m: 3:33.01 1:11.29	1100m: 13:01.30 1:11.44	1900m: 22:31.88 1:12.00	2700m: 32:21.54 1:14.26			
	400m: 4:44.38 1:11.37	1200m: 14:12.93 1:11.63	2000m: 23:44.71 1:12.83	2800m: 33:36.45 1:14.91			
	500m: 5:55.23 1:10.85	1300m: 15:24.26 1:11.33	2100m: 24:57.51 1:12.80	2900m: 34:50.70 1:14.25			
	600m: 7:05.85 1:10.62	1400m: 16:35.94 1:11.68	2200m: 26:10.79 1:13.28	3000m: 36:02.08 1:11.38			
	700m: 8:17.00 1:11.15	1500m: 17:47.69 1:11.75	2300m: 27:24.55 1:13.76				
	800m: 9:28.10 1:11.10	1600m: 18:57.61 1:09.92	2400m: 28:37.93 1:13.38				
3.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	36:27.32		505	
	100m: 1:07.05 1:07.05	900m: 10:41.25 1:12.68	1700m: 20:24.98 1:14.24	2500m: 30:19.22 1:14.16			
	200m: 2:18.49 1:11.44	1000m: 11:53.70 1:12.45	1800m: 21:38.88 1:13.90	2600m: 31:33.48 1:14.26			
	300m: 3:29.98 1:11.49	1100m: 13:05.89 1:12.19	1900m: 22:52.22 1:13.34	2700m: 32:48.38 1:14.90			
	400m: 4:41.19 1:11.21	1200m: 14:18.45 1:12.56	2000m: 24:06.62 1:14.40	2800m: 34:02.30 1:13.92			
	500m: 5:52.61 1:11.42	1300m: 15:31.31 1:12.86	2100m: 25:21.46 1:14.84	2900m: 35:15.70 1:13.40			
	600m: 7:04.28 1:11.67	1400m: 16:43.68 1:12.37	2200m: 26:35.88 1:14.42	3000m: 36:27.32 1:11.62			
	700m: 8:16.23 1:11.95	1500m: 17:57.32 1:13.64	2300m: 27:50.62 1:14.74				
	800m: 9:28.57 1:12.34	1600m: 19:10.74 1:13.42	2400m: 29:05.06 1:14.44				

Prova 1, Masc., 3000m Livres, AA15

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	LOPES Luis Afonso	03	Viver Santarem	36:52.61		488	
	100m: 1:12.25 1:12.25	900m: 11:08.86 1:14.57	1700m: 20:56.92 1:14.84	2500m: 30:49.88 1:13.76			
	200m: 2:27.52 1:15.27	1000m: 12:23.63 1:14.77	1800m: 22:11.00 1:14.08	2600m: 32:04.43 1:14.55			
	300m: 3:42.90 1:15.38	1100m: 13:37.41 1:13.78	1900m: 23:25.26 1:14.26	2700m: 33:18.34 1:13.91			
	400m: 4:55.93 1:13.03	1200m: 14:50.58 1:13.17	2000m: 24:40.08 1:14.82	2800m: 34:31.67 1:13.33			
	500m: 6:10.86 1:14.93	1300m: 16:01.27 1:10.69	2100m: 25:54.64 1:14.56	2900m: 35:44.71 1:13.04			
	600m: 7:25.81 1:14.95	1400m: 17:14.38 1:13.11	2200m: 27:07.61 1:12.97	3000m: 36:52.61 1:07.90			
	700m: 8:40.09 1:14.28	1500m: 18:28.59 1:14.21	2300m: 28:22.13 1:14.52				
	800m: 9:54.29 1:14.20	1600m: 19:42.08 1:13.49	2400m: 29:36.12 1:13.99				
5.	CANADAS Joao Vasco	03	Rio Maior	37:22.42		468	
	100m: 1:12.75 1:12.75	900m: 11:08.93 1:14.81	1700m: 21:03.12 1:15.15	2500m: 31:06.36 1:16.23			
	200m: 2:27.81 1:15.06	1000m: 12:23.37 1:14.44	1800m: 22:16.79 1:13.67	2600m: 32:22.75 1:16.39			
	300m: 3:43.28 1:15.47	1100m: 13:37.74 1:14.37	1900m: 23:32.82 1:16.03	2700m: 33:38.18 1:15.43			
	400m: 4:56.95 1:13.67	1200m: 14:51.08 1:13.34	2000m: 24:47.45 1:14.63	2800m: 34:53.84 1:15.66			
	500m: 6:11.20 1:14.25	1300m: 16:04.58 1:13.50	2100m: 26:02.66 1:15.21	2900m: 36:08.89 1:15.05			
	600m: 7:25.85 1:14.65	1400m: 17:18.73 1:14.15	2200m: 27:18.12 1:15.46	3000m: 37:22.42 1:13.53			
	700m: 8:39.99 1:14.14	1500m: 18:33.68 1:14.95	2300m: 28:34.08 1:15.96				
	800m: 9:54.12 1:14.13	1600m: 19:47.97 1:14.29	2400m: 29:50.13 1:16.05				
6.	DIAS Ruben Fonseca	03	Natacao de Valongo	38:40.60		423	
	100m: 1:12.41 1:12.41	900m: 11:24.79 1:18.05	1700m: 21:54.58 1:19.17	2500m: 32:14.52 1:17.28			
	200m: 2:27.82 1:15.41	1000m: 12:43.26 1:18.47	1800m: 23:12.31 1:17.73	2600m: 33:31.38 1:16.86			
	300m: 3:43.64 1:15.82	1100m: 14:01.47 1:18.21	1900m: 24:30.22 1:17.91	2700m: 34:48.86 1:17.48			
	400m: 4:59.53 1:15.89	1200m: 15:19.77 1:18.30	2000m: 25:47.66 1:17.44	2800m: 36:07.17 1:18.31			
	500m: 6:15.23 1:15.70	1300m: 16:38.94 1:19.17	2100m: 27:05.31 1:17.65	2900m: 37:24.82 1:17.65			
	600m: 7:31.80 1:16.57	1400m: 17:57.00 1:18.06	2200m: 28:22.70 1:17.39	3000m: 38:40.60 1:15.78			
	700m: 8:48.90 1:17.10	1500m: 19:16.52 1:19.52	2300m: 29:39.64 1:16.94				
	800m: 10:06.74 1:17.84	1600m: 20:35.41 1:18.89	2400m: 30:57.24 1:17.60				
DNS	DIAS Rodrigo Reis	03	Belenenses				